



# ***2008 UPDATE***

## **South Dakota State Plan for Nutrition and Physical Activity** To Prevent Obesity and Chronic Diseases

Summary of Key Activities since December 2007

## ***Year at a Glance***

### ***Burden of Overweight and Obesity***

At the close of 2008, the prevalence of overweight and obesity showed an increase throughout the nation and in South Dakota adults.

The 2007 South Dakota (SD) BRFSS (Behavioral Risk Factor Surveillance System) reported that the percentage of overweight and obese adults continues to increase and now exceed the national average in both. The prevalence of obese adults increased to 27.2% as compared to the national average of 26.3%. The total percentage of overweight and obese adults for South Dakota is now 65.9% as compared to 63.0% nationwide.

The 2007-2008 SD School Height and Weight data reports the percentage of K-12 students who were obese (95th percentile BMI-for-age and above) remained the same at 16.3% as for the previous school year. In addition, students who are overweight (85th-94th percentile BMI-for-age) increased from 16.6% in the 2006-2007 school year to 16.8% in the 2007-2008 school year. This is a total of 33.1% of K-12 students either overweight or obese.

South Dakota continues to be affected by three of the five leading causes of death reported in 2007, heart disease, cancer, and cerebrovascular diseases, which are greatly attributable to obesity. According to the 2007 South Dakota Vital Statistics Report, heart disease accounted for 23.9% of state resident deaths in 2007, a decrease of 0.9% from 2006.



### ***Schools & Youth Organizations***

The Department of Education (DOE) continued implementing the Fresh Fruit and Vegetable Program to provide materials and resources on the South Dakota Pine Ridge Indian Reservation. The program was expanded and is now being implemented in 35 schools statewide.

Coordinated School Health (a DOE-DOH partnership) received another 5 years of funding from the Centers for Disease Control and Prevention (CDC). SD was one of 18 states to receive full funding for Coordinated School Health, HIV and the Youth Risk Behavior Survey (YRBS).

SD received a National Governors Association grant (NGA) to support activities to improve policy and environment through physical activity and nutrition. NGA and Maternal Child Health funds supported 19 local projects. Grantees attended a two-day training. Online training modules were also developed to reflect the face-to-face presentations. These modules contain video, slides, and handouts that can be used by Out of School Time or school programs for in-services or their stakeholder meetings. The modules are posted on the [www.HealthySD.gov](http://www.HealthySD.gov) website under the schools tab.

*News Infused*, a Coordinated School Health e-newsletter, was distributed to 650 schools monthly.

## ***Parents & Caregivers***

The Fit From the Start Initiative began implementation in April 2008. As a part of the initiative, a train-the-trainer was conducted. Thirty-five trainers will implement the training with child care providers in 2009. The initiative targets increased access to vegetables and opportunities for physical activity for 2-5 year olds in child care. The DOH partners with the Department of Social Services (DSS), DOE, Early Childhood Enrichment centers (ECEs), SDSU Cooperative Extension, FDCFP Sponsors and the Wellmark Foundation.

Through a partnership between DOH, DSS, and ECEs magnets that promoted physical activity and healthy eating along with snack cups were delivered to parents of preschool children through the WIC program and child care facilities.

The 2<sup>nd</sup> Annual Summit, "Lifestyles for Healthy Kids", was held for childcare providers, parents, and caregivers to provide information about healthy living and how to promote it in children. This one-day meeting was sponsored by the Midwest Dairy Council, American Heart Association, American Diabetes Association, the city of Sioux Falls, and the Growing Healthy Initiative.



Through the WIC program, information was provided to WIC participants in quarterly newsletters about overweight, activity, and healthy eating. Posters and educational tools were used in WIC offices statewide to promote habits for a healthy weight.

The WIC program provided manual breast pumps and loaned electric breast pumps to qualifying mothers to help improve duration of breastfeeding and provided annual breastfeeding training for WIC staff and Peer Counselors to better assist staff in helping improve breastfeeding duration rates.

The Acting Surgeon General Admiral Steven K. Galson visited South Dakota as part of a childhood obesity tour. A press conference was held along with a round table of key partners to discuss childhood obesity in South Dakota.

## ***Workplace***

The *Strides to a Healthier Worksite* tool kit was updated with additional resources.



DOH created a statewide data collection system that became available on the [www.HealthySD.gov](http://www.HealthySD.gov) website in February 2008. The system includes an assessment of worksite wellness programs and a short survey of worksite organizational health.

The Activate Aberdeen workgroup began developing a survey of local businesses to determine the prevalence of worksite wellness programming as well as the knowledge of the impact of worksite wellness programming of employers. The survey will be conducted in 2009.

## ***Community***

DOH sponsored national speaker, Dan Burden, on the built environment at the Municipal League state convention. A walking audit of the Pierre community was also conducted by Dan Burden.

GFP continued to promote their local “Walks in the Park” program with events being posted on their website along with the [www.HealthySD.gov](http://www.HealthySD.gov) website.

The South Dakota Great Day of Play in collaboration with the South Dakota Parks and Recreation Association and SD State Parks was promoted for a second year in a row. Communities hosting events for the day include Aberdeen, Brookings, Huron, Mitchell, Rapid City, Sioux Falls, Vermillion & Yankton along with seven state parks participating in promoting the event.

Three online Healthy Challenges—Choose 2 Move, Sodabriety, & Holiday Healthy—were conducted on the [www.HealthySD.gov](http://www.HealthySD.gov) website.

DOH’s Tobacco Control Program launched a new website, [www.BeFreeSD.com](http://www.BeFreeSD.com), to promote places to live, work, and play tobacco-free in South Dakota.

The community of Pierre/Fort Pierre had a productive year with their PierreObics program by promoting several activities through their community such as placement of health articles in their local paper, healthy cooking classes taught by local physicians, and working together with businesses and agencies to promote healthy lifestyles.

## ***Health Care***

DOH sponsored the UAB satellite conference titled, *Assessment, Treatment & Environmental Factors That Impact Childhood Obesity*, which was down-linked to 10 sites statewide.

DOH continued to distribute the *Obesity in South Dakota A Clinical Toolkit for Healthcare Providers*. The SD Diabetes Coalition workgroup began looking at avenues to disseminate the obesity tool kit. The kit was promoted through the Diabetes Prevention Control Program electronic newsletter.

Indian Health Services in Fort Thompson established a lactation room for employees and use by the community.

The updated diabetes guidelines for healthcare providers included chapters on adult and pediatric obesity prevention for the first time.

The SD Breastfeeding Coalition developed a poster for World Breastfeeding Week.

**For more information or to obtain a copy of the plan update, contact the South Dakota Department of Health at (605) 773-3737 or refer to [www.HealthySD.gov](http://www.HealthySD.gov).**

